GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Low Calorie Snack Food - Popcorn

Popcorn is an ancient and unique American crop. It is also a very popular low calorie snack, which has only 40 calories (with oil and salt) per cup of popped corn.

The exact place where popcorn originated is unknown, but it developed from primitive types of maize, probably in Mexico. It was cultivated in prehistoric times by the early Peruvians, the Aztecs in Mexico, and by several Indian tribes in North America. The oldest maize was a type of popcorn discovered in a Bat Cave in New Mexico which was estimated to date back to 2500 B.C.

It is certain that corn was popped by the Indians long before Columbus discovered the new world. The practice seems to have been more common among the tribes of South and Central America, than those of North America. Ancient Peruvian graves have yielded utensils which were apparently used for popping corn. In some cases, actual specimens of popped grains were present.

The exact reason why popcorn pops is not known. It apparently is associated with the very dense texture of the kernel, and the tough skin. These characteristics confine the steam generated by heat until it develops to an explosive force. The kernel then bursts open and expands to 30 or 40 times its original size.

You may think that only popcorn has the unique ability to pop. This is not the case. Other types of corn will explode in this manner, but none have the expansion capacity of popcorn.

The moisture content of popcorn has an important influence on how well it will pop. The popcorn you purchase at the store has been processed to contain the best moisture content; and is sealed in a plastic bag to retain the fine popping condition. When you open the package at home, store the surplus in a glass jar with a tight lid. This will retain the correct moisture supply and insure continued good popping.

For best results, your popper should be quite hot before the corn is poured into it. Popcorn at the proper moisture content pops best if the heat causes popping to start in about one minute, and is completed in about three minutes.

If your corn is so dry that it does not pop well, sprinkle some water into the jar, replace the lid and shake thoroughly. Keep the jar closed for at least a week to allow the moisture to be absorbed by the corn.

Popcorn is not a good crop to grow in the home vegetable garden. Pollen from it will seriously reduce the quality of your sweet corn. Also, if the popcorn is pollinated by sweet corn, it will reduce its ability to pop. Therefore, it is best to buy your popcorn from a store where a product with good popping quality is readily available.

Happy popping and good eating cost only 40 calories. This activity can also provide family fun for everyone.

RECIPE OF THE WEEK
Beets In Orange Sauce

1 No. 2 can whole tiny beets
¼ cup orange juice
1 Tbsp. cornstarch
¼ tsp. salt
2 Tbsp. sugar
6 whole cloves
1 Tbsp. lemon juice
1 tsp. orange rind, finely grated

Drain beets. Reserve ½ cup beet juice. Combine beet juice, orange juice and cornstarch in saucepan. Cook stirring constantly until mixture thickens. Stir in remaining ingredients. Add drained beets and simmer gently until hot.

Rocks

JANUARY 26 - It was a nice week end. Although it was quite rainy Sunday morning and foggy.

The WMU Council met with Mrs. Helen Inge on Monday night with very good attendance as it was very cold.

Cassie Baldwin was notified Monday night of the death of her cousin, Mrs. Inez Chick Gilliam of near Prospect.

The Prayer-Time Circle met with Mrs. Odelle Ranson on Wednesday afternoon.

Rev. Donald Wagner attended a conference at Eagle Eyrie Friday and Saturday morning.

Samuel Martin, Jr. accompanied Bill Hunter, of Appomattox, on a business trip to South Carolina on Friday.

Everyone was glad to see Kirkie Hamlin at church Sunday after being in the hospital for surgery.

Dave Goin continues sick. The doctor came to see him Sunday.

Mrs. Gladys Anderson, of Richmond, was visiting Mr. and Mrs. W. R. Moore last week end after attending the funeral of her aunt, Mrs. Bernice Martin on Wednesday.

The Rocks Extension Homemakers Club will meet on Feb. 5 at 7:30 with Mrs. Odelle Paulette.

Mr. and Mrs. Ernest Farrar attended the funeral of Mrs. Inez Chick Gilliam at Olive Branch Church on Friday afternoon.

A number attended the reception for Edward Ranson on Friday night. He is retiring from the State Highway Dept. this week after 40 years of service.

It was Baptist Men's Day at Rocks Sunday. The men did a wonderful job of teaching, preaching and singing.

Mr. and Mrs. Joe Almond and children were visiting Mr. and Mrs. Graydon Maxwell on Sunday afternoon.

Mr. and Mrs. Lloyd Richardson attended the Bryant and Richardson wedding at Spring Creek Church Saturday night.

Rev. Donald Wagner will conduct the morning devotions on Radio Station WTTX Monday-Friday of this week at 8:45 a.m.

Lloyd Richardson was sick Sunday and couldn't take part in the Men's Day Program.

Mrs. Alese Cumby was visiting Mr. and Mrs. Clarence Richardson Saturday afternoon.

Mrs. Graydon Maxwell is back home from the hospital. A speedy recovery is wished her.

Evergreen

Pamplin Charge Bible Study and U.M.Y.F. will meet Sun., Feb. 1, at the Pamplin United Medthodist Church at 7 p.m.

Pamplin Charge United Methodist Youth would like to thank everyone for their donations which made possible the purchase of a bus.

The Evergreen Baptist Church officers and teachers Bible Study will meet Friday evening in the home of Mr. and Mrs. Randall Wooldridge at 7 p.m.

We are glad to report Mrs. Rachel Evans and Mrs. Carrie St. John returned home from the hospital Saturday.

Mr. Jim Lucado continues to be a patient at the Virginia Baptist Hospital.

Mrs. Jean Notestein returned home Saturday from a week's visit with Mrs. Ida Beard, of Miami, Fla.

Mr. Andy Skeen, of Lebanon, Va., was visiting Mr. J. J. Harris during the past week.

Mr. and Mrs. Lawrence Young, of Lynchburg, were visiting Mrs. Edna Young Sunday afternoon.

Mr. Allen Morris, of Richmond, is spending some time with his uncle and aunt, Mr. and Mrs. David Phillips.

Sympathy is extended the Paulette family in the death of Mr. Dwight Paulette on Monday morning.

Little Sandra Hamlett is a patient in Virginia Baptist Hospital, Lynchburg. Sandra is the daughter of Mr. and Mrs. Richard Hamlett.

Jordan News

A large crowd attended our first preaching service for the new year on Sunday morning. Rev. Elliott preached a very inspiring sermon.

Prayer meeting will be Wed., Jan. 28 at 7:30 p.m.

The Senior Choir is asked to meet at 7:30 p.m. Friday night. All members are asked to attend this important meeting.

The Jordan Senior Choir will celebrate their 25th Anniversary on the 4th Sunday in March at 7 p.m.

Mr. and Mrs. Harry Watkins were the guests of Officer and Mrs. Richard Fowler at the Faternal Order of Police Banquet which was held on January 10, 1976 at the American Legion Hall in Lynchburg. Both couples report an enjoyable evening.

REVIVAL SERVICES

The Vera Church of God which meets in the old Vera School Building is having revival services each night this week at 7:30. Pastors from the immediate area will bring the message each night. The public is cordially invited to come out and hear good spiritual preaching and singing.

MAGNETIC SIGNS for your car or truck - Phone 352-8215 - Appomattox, Va. 1-15-tf

COMPLETE RADIATOR SERVICE
Lawson Ford, Inc.
Va. Dealer License No. 2
Appomattox, Virginia

NO BREAKFAST IS COMPLETE UNLESS YOU HAVE
Dinner Bell
PURE PORK
SAUSAGE
Check Your Local Grocery Store Today
MADE FRESH DAILY
With lean cuts of Pork blended with Pure Natural Spices.

Maude's Restaurant
We Are Always Glad To Arrange For Dinner Parties, Banquets And Special Ocassions, Events.
Call 352 - 7211
A Famous Restaurant In A Famous Town.......
You'll Always Get Hot Food And Warm Smiles At Maude's

THIS AD SPONSORED BY THE FOLLOWING MERCHANTS

MAUDE'S RESTAURANT
A Famous Restaurant . . . In A Famous Town . . .
We will be happy to arrange for DINNER PARTIES, BANQUETS AND SPECIAL OCCASIONS, EVENTS - CALL 352-7211 FOR RESERVATIONS.
"It's Better At Maudes"

FARMERS NATIONAL BANK
Member F.D.I.C.
MEMBER FEDERAL RESERVE
Dial 352-7171
Appomattox, Virginia

Lawson Ford, Inc.
FORD SALES & SERVICE
Phone 352-8221
Appomattox, Virginia
Virginia Dealer License No. 2

GARRISS Upholstery Shop
• Furniture Upholstery
Modern & Antique
Wide Selection of Fabrics
• Sewing Machines - Sales and Service
Free Estimates - Call 352-7621
S. Church - Appomattox, Va.

IN APPOMATTOX, IT'S
King's Super Market
WHERE IT COSTS LESS TO SHOP
Triangle Plaza
Appomattox, Va.

HERNCALL'S Laundry & Dry Cleaning
Self-Service Laundry and Storage
Phone 352-2711
Appomattox, Virginia

Let us save you MONEY on your NEW HOME!
We have many styles and floor plans - or we can use yours.
Bennett T. Matthews, Inc.
GENERAL CONTRACTORS
Atwood Street — Appomattox, Va.
PHONE 352-3474 or 352-7797

OFFICE SUPPLIES
YOU WILL ENJOY SHOPPING OUR COMPLETE LINE OF OFFICE SUPPLIES
IF WE DON'T HAVE IT, WE WILL GET IT!.
PHONE 352-8215
TIMES-VIRGINIAN
APPOMATTOX VIRGINIA

Oscar Jamerson & Sons
PULPWOOD DEALER
DIAL 352-5505
Appomattox, Virginia

MOSES MOTOR CO., INC.
CHEVROLET and JEEP
Sales and Service That Satisfies
Dial 352-3773
Appomattox, Virginia

Stop for a Treat That Can't Be Beat
Top Treat
HOME OF FINE FOODS!
ROUTE 3 - APPOMATTOX 352-7539

MARSH MOTOR SALES
USED CARS AND TRUCKS
P. O. Box 368
PHONE 352-5502
Appomattox, Virginia

J. E. Jamerson & Sons
BUILDING MATERIALS
Paint - Blocks - Woodwork
Cement, Etc.
Dial 352-2671
Appomattox, Virginia

POE HARDWARE CO., INC.
HARDWARE & ELECTRICAL SUPPLIES
DIAL 352-5575
Appomattox, Virginia

WILBUN'S SUPER MARKET
PHONE: 352-5165
APPOMATTOX, Va.

H. H. MOORE, JR. TRUCKING CO.
GENERAL HEAVY HAULING
Specializing in Lime
State Insured
HWY. 460 W. APPOMATTOX, VA.
Dial 352-7371

FIDELITY NATIONAL BANK
YOUR AREA FULL SERVICE BANK
Appomattox, Virginia

Times-Virginian
Office Supplies
Invitations
Notebooks
Announcements
Napkins Pens Etc.

PHELPS GARAGE
GENERAL AUTO SERVICE
Used Car Sales
Phone 352-7229
Appomattox, Virginia

APPOMATTOX HDWE. CO., INC.
A COMPLETE LINE OF HARDWARES, APPLIANCES, PLUMBING, HOUSEWARE
Appomattox, Virginia

Preserve Your Treasured papers . . .
• Photographs • Old Maps
• Newspaper Clippings
• Historical Documents
• Diplomas or Certificates
HAVE THEM LAMINATED AT THE
Times-Virginian
Appomattox, Virginia

COLE'S DAIRY
JOHN C. COLE, Owner
Telephone 352-6061
PASTEURIZED, HOMOGENIZED DAIRY PRODUCTS
Appomattox
"DRINK MORE MILK"

Jones Exterminating Co.
Are termites possibly eating away your valuable property?
We are Termite Specialists - Pest Control
Commercial - Residential - Industrial
TERMITE CONTROL
We cover the entire state-Reasonable Rates
Call for free inspection 846-7532
3129 Maryland Ave.- Lynchburg, Va.

A. G. GAINES JEWELER
MAIN STREET - APPOMATTOX, VA.
WATCH REPAIR
JEWELRY REPAIR
"Pleasing You, Pleases Us"

WHEN YOUR OPTOMETRIST PRESCRIBES GLASSES AND YOUR REGISTERED OPTICIAN AT EHRICH'S Fills Your Prescription, You Also Get The Guidance Of A FASHION EYEWEAR CONSULTANT

No Wonder So Many Have Said -
See EHRICH'S
And See Better
See EHRICH'S
And Look Better

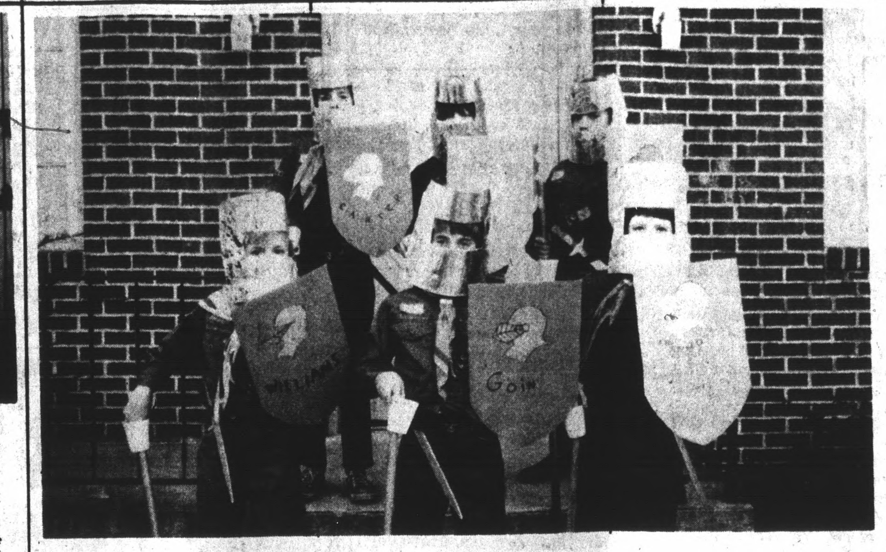
To Avail Yourself Of Our COMPLETE SERVICE
DIAL 845-1533
EHRICH'S
1107 Main Street
Lynchburg, Va. 24504

INSURANCE NEEDS
Contact
Lewis G. Harvey
Route 1, Box 702
Appomattox, Va. 24522
Phone 352-8988
•Cancer Care
•Life Care
•Intensive Care

APPOMATTOX (VA.) - 24522 - TIMES - VIRGINIAN - JANUARY 29, 1976

FIREMEN RECEIVE DONATION

Mrs. James A. Nolen, left, President of the Appomattox Junior Woman's Club, Inc., and Mrs. Billy Thompson, right, club Treasurer, are shown presenting a check in the amount of $50.00 to Fire Chief Hugh Mitchell, a donation to the Appomattox Volunteer Fire Department.



Knights In Shining Armor

Appomattox's Cub Scout Pack #546 has been studying "Knighthood" during the month of January. Pictured above are scouts of Den #5 proudly displaying helmets, shields, lances, and swords which they have made.

Members of Den #5 are Bobby Carter, F. C. Carter, Jay Chenault, Kevin Garrett, Tracy Goin, Jack Williams, and Jay Wingfield. Den Mothers are Mrs. Robert Carter and Mrs. Fred Carter.

Delegate Elliott Reports

Delegate Richard W. Elliott, Democrat, Campbell County, in reacting to Gov. Godwin's address on the opening day of the 1976 Session commented: "I am very pleased that the Governor has recommended a budget to preserve the financial integrity of the Commonwealth. While some have called his budget recommendations "bare bonded", Elliott said that the proposal provides for the continuation of all services and even for the expansion of some vital programs. In spite of our sagging economy, there has been sufficient economic growth to allow continuation of programs without an increase in taxes. Elliott indicated, "The time has come for all Virginians to recognize that the days of rising taxes and expanding services have ended. We simply must live within our means in the Commonwealth and not allow ourselves to become 'debt-ridden' as has our federal government".

At the conclusion of the first full week of the General Assembly, Elliott noted, There have been 164 Bills, 12 Joint Resolutions and 7 House Resolutions introduced in the House of Delegates and 101 Bills, 14 Joint Resolutions and 6 Senate Resolutions introduced in the Senate. As usual, a lot of the measures are duplications. Many are 'housekeeping measures'; (a term used to describe measures which simply update legislation already on the books in Virginia), and many of the measures are those that have been around in recent years and now back for another chance.

Those that have been defeated by the Assembly in the past and are back again include collective bargaining, pari-mutuel betting, ratification of the Equal Rights Amendment, just to mention a few."

In an effort to avoid the duplication of services and large administrative expenditures, Delegate Elliott is the chief sponsor of a measure aimed at consolidating 17 State programs into one. The measure which was introduced on January 22, provides for the coordination of all drug abuse and alcohol abuse programs to be under the direction of one single coordinating committee. The measure, while only an interim measure, provides for centralized control of the 17 programs and the transition toward a free-standing State agency. The free-standing State agency should be operative within two years. In the meantime, Elliott's proposal would provide for the continuance of services delivered without interruption and would provide for orderly and sound development of a single agency. The measure is likely to produce a saving in tax dollars and is most assuredly designed to insure a more efficient utilizaiton of the taxpayer's dollars. Elliott noted, "All segments of society, the individual, business and industry, and more especially the homes, suffer from the results of the abuse of drugs and alcohol."

Little Miss Virginia Pageant Set For August

The seventh annual Little Miss Virginia Pageant will be held in August. A search is now underway to find a contestant to represent Appomattox in the pageant. Contestants must be between the ages of 5 and 8 years. No talent required. Those interested in becoming this contestant, send name, address, age, and recent photo to: 1141 Nover Ave., N.W. - Roanoke, Va. 24019.

The Little Miss Virginia Pageant is a pageant for girls between the ages of 5 and 8 years.

Contestants are judged on NATURAL charm, poise, and personality. We do not allow bleached hair, wigs, hairpieces, makeup (except a little lip gloss), bouffant hair styles, or modeling such as that done in baton contests.

The 1976 pageant will be the seventh year for the Little Miss Virginia Pageant.

Only one contestant will be accepted from photograph and information received.

The winner of the Little Miss Virginia Pageant goes on to compete in the National Little Miss Pageant.

Stonewall

" . . . be content with such things as ye have." Heb. 13:5.

Mr. and Mrs. I. B. Wheeler visited Mr. and Mrs. Wallace Bondurant Saturday night.

Mr. and Mrs. J. P. Alvis, Jr. spent the week end with her parents at Orange, Va.

Mrs. Elsie Caldwell and Mrs. Nina Caldwell spent Monday with Mr. and Mrs. Bob Harris at Pamplin.

Mr. Wallace Bondurant visited Mr. Osborne and Crawford Davidson last week; also his brother, Tommy Bondurant at Concord.

Mr. and Mrs. Carter Bondurant were dinner guests of Mr. and Mrs. Wallace Bondurant Sunday.

Miss Kim Krantz is sick with a cold.

Millers Attend Merchandise Showing

Mr. and Mrs. Carl Miller of the White's Auto Store in Appomattox, Va. recently attended the semi-annual merchandise showing held January 18-20 at the Royal Coach Motor Hotel in Atlanta, Ga.

The Millers were part of a group of over 300 dealers from a ten state area who attended the meetings and viewed the merchandise to be offered for the 1976 spring and summer selling season. White's is joining in the nation's Bicentennial Celebration and several lines of merchadise slanted toward this event were introduced.

During the show, the Millers also received counseling concerning merchandising and advertising.

White's is a chain of over 700 company owned and dealer stores located in 18 states ranging from the southwest to the east coast.

FILM TO BE SHOWN AT S. SPRING CHURCH

The film, "A Thief In The Night", will be shown at Spout Spring Baptist Church at 7:30 p.m. on Saturday night, Feb. 7. The film is based on the second coming of Christ and has been very impressive to all young people who have seen it.

A welcome is extended to area youth and others to attend the showing of "A Thief In The Night" on February 7.

Wool and Mohair Payment Program To Be Continued Unchanged For 1976

The incentive price of 72 cents a pound for marketings of shorn wool and a support of 80.2 cents a pound for mohair will continue unchanged from 1974 and 1975 levels, the U.S. Department of Agriculture announced Dec. 24.

These prices are in accordance with the National Wool Act, as amended, by the Agricultural Act of 1970 and the Agriculture and Consumer Protection Act of 1973. The National Wool Act, as amended, requires that support shall be at the above levels for each of the marketing years beginning Jan. 1, 1971, and ending Dec. 31, 1977.

Pulled wool will continue to be supported at a level comparable to the incentive price for shorn wool through payments on unshorn lambs.

As in past years, shorn wool payments will be based on a percentage of each producer's returns from sales. The percentage will be that required to raise the national average price received by all producers from shorn wool up to the announced incentive price of 72 cents a pound.

Mohair payments will be calculated in a manner similar to wool.

Present market conditions indicate that payments may be required on 1975 marketings of shorn wool. Mohair prices, however, will likely remain above the support level.

Slip your hand in ours
...while we tell you about the cancer in women that is highly curable...
If you take time to have the Pap test. Only once a year. And it takes only a few minutes of your time and your doctor's. It's a simple, painless examination which can reveal uterine cancer's presence even before you notice any symptoms.
And, like most cancer, the earlier it's detected, the greater your chances for cure. In fact, most uterine cancers are curable when detected early. Take just a few minutes out of your life each and every year for a Pap test.
American Cancer Society

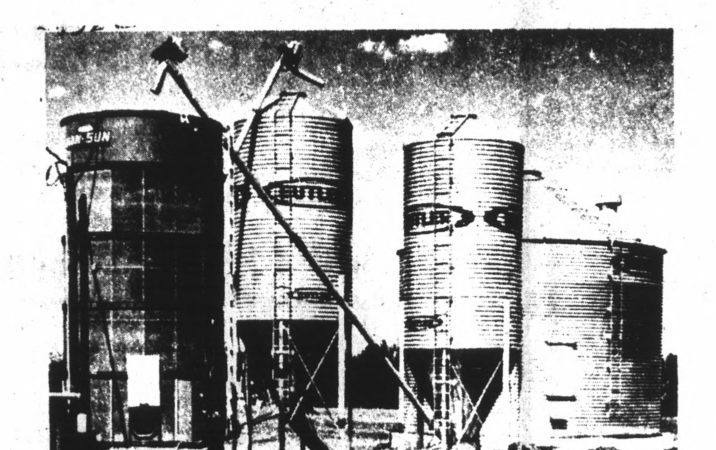
Spend A Day In Your Attic And Save About $ 150 A Year -
Based On Heating And Cooling Savings On A 1,000 sq. ft. Uninsulated Attic
3½" For Walls 9½¢ sq. ft.
6" For Ceilings 17¢ sq. ft.
Cut back your fuel bills while you add comfort and do your part to help conserve our dwindling natural resources — buy and install Owens-Corning Fiberglas Insulation now for 4-season benefits! Fiberglas deadens outside noises too, makes your home feel larger, more spacious. Roll and batt style Fiberglas is clean and easy to install — lay 6" in your attic, 3½" under floors and walls for year round comfort and fuel savings!
J. E. Sears & Co., Inc.
"Everything to build anything"
Appomattox, Va.

Elliott Florists & Gifts
Main Stereet - Phone: 352-5510 - Appomattox, Va.
Flowers, Gifts and Cards
for all occasions
See our new Costume Jewelry
Your Extra Touch Florist

Jerry Vassallo
Appomattox Janitorial Service
Appomattox, Va.
352-5630
Professional Quality Service
Full Janitorial Service
Rugs and Carpets Cleaned
Floors Scrubbed & Waxed
Walls Washed
Venetian Blinds Retaped and Restrung
Specialists In Commercial — Industrial Residential
All New Modern Equipment

Considering . . .
Re-Roofing?
IF YOU HAVE AN ASPHALT ROOF AND IT IS 15 YEARS OR OLDER - CHANCES ARE YOU NEED A NEW ROOF.
LET US INSPECT AND GIVE YOU AN ESTIMATE AT NO OBLIGATION TO YOU.
WE USE ONLY THE BEST MATERIALS AND SKILLED LABOR.
J. E. Sears & Co., Inc.
"Everything To Build Anything"
Phone: Appomattox 352-7138

W. A. STRATTON CONSTRUCTION CO.

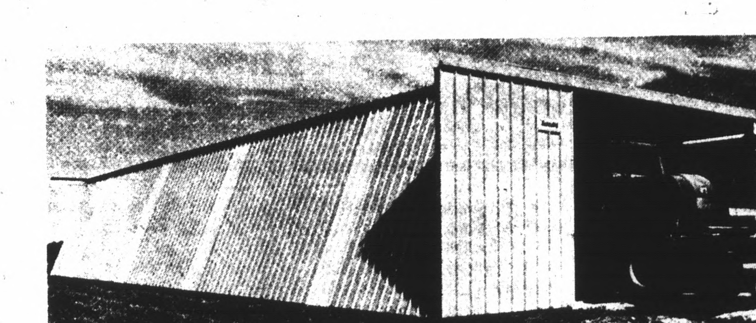


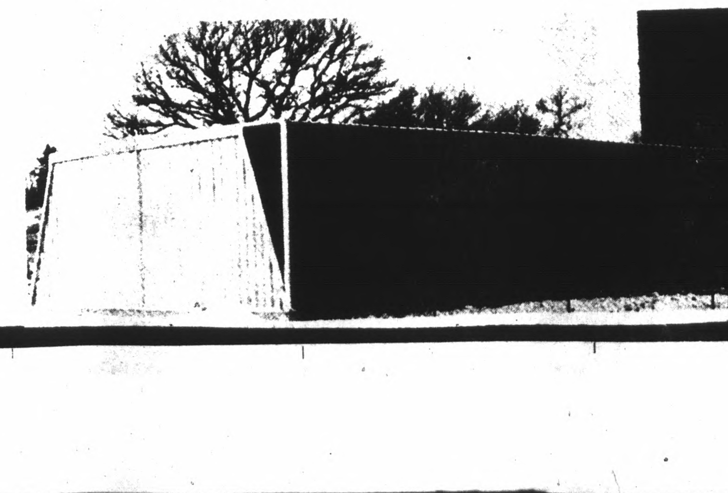
10% DISCOUNT ON GRAIN STORAGE & DRYING BINS

SPECIAL
2-Car Garage & Workshop
30x25x11 with big 16 ft. wide by 10 ft. tall SLIDING DOOR
$2,100

All Prices F.O.B. Factory Sales Tax not included

BUTLER AGRI-BUILDER
BILL STRATTON
PHONE: OFFICE 804-352-5259
RES. 804-352-8493
APPOMATTOX, VIRGINIA 24522



ALL STEEL
CLEAR-SPAN MAINTENANCE FREE BUILDINGS

30x40x11 with 16x10 Sliding Door	Now $2,907
List $3,634	Save $727
30x50x11 with 16x10 Double Sliding Door	Now $3,322
List $4,153	Save $831
30x75x11 with Open Side & Canopy	Now $4,320
List $5,401	Save $1,081
30x75x11 with 16x10 Double Sliding Door	Now $4,593
List $5,741	Save $1,148
40x50x14 with 20x13 Double Sliding Door	Now $4,203
List $5,254	Save $1,051
40x75x14 with 20x13 Double Sliding Door	Now $5,723
List $7,154	Save $1,431
48x75x14 with Open Side	Now $7,496
List $9,370	Save $1,874
50x75x16 with 24x15'-7" Door	Now $7,960
List $9,950	Save $1,990